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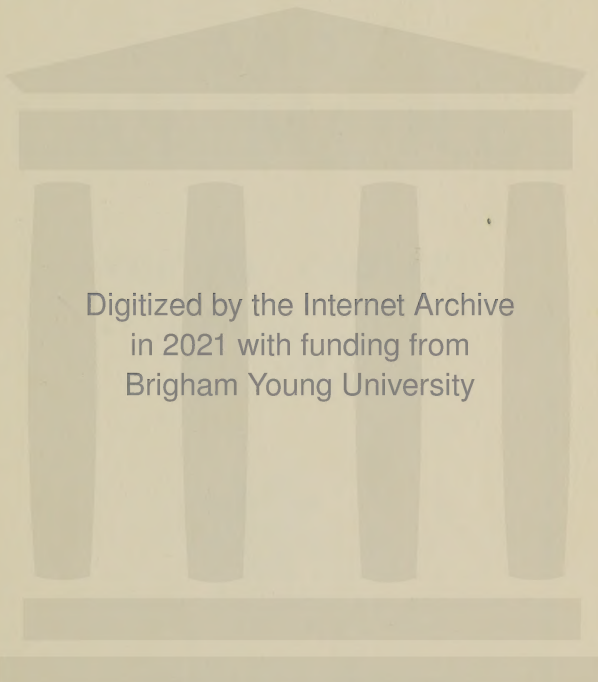
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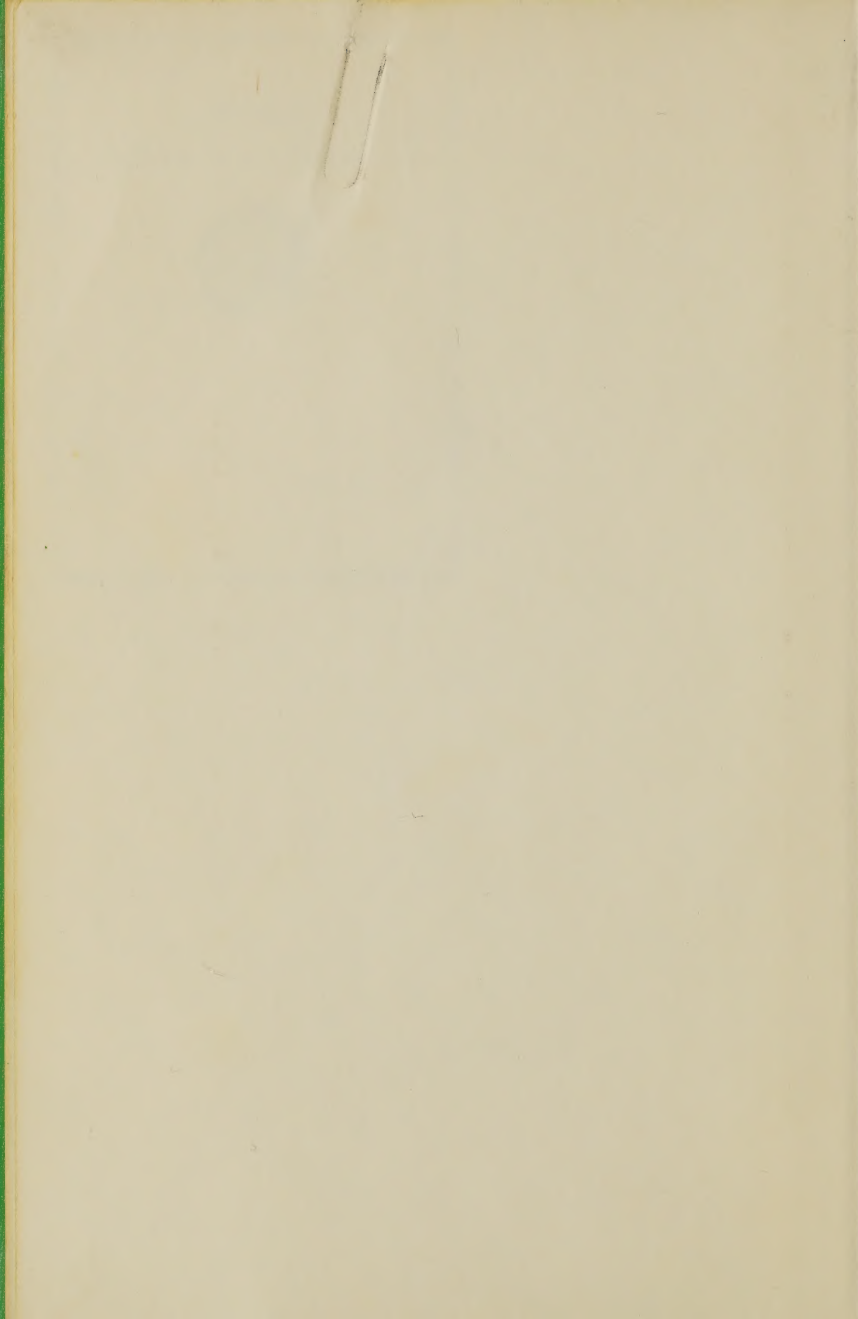
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SPEND LESS AND EAT MORE

*HOW TO COMBAT
THE HIGH COST
OF LIVING*



M. A. DONOHUE & COMPANY
CHICAGO

GOOD RULES OF LIVING

Eat Less	-	-	-	-	Chew More
Drink Less	-	-	-	-	Breathe More
Worry Less	-	-	-	-	Sleep More
Waste Less	-	-	-	-	Give More
Clothe Less	-	-	-	-	Bathe More
Ride Less	-	-	-	-	Walk More
Talk Less	-	-	-	-	Think More
Scold Less	-	-	-	-	Read More
Preach Less	-	-	-	-	Practice More

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How to Combat THE High Cost of Living

Chicago's Diet Squad Experiment, conducted under the auspices of the Commissioner of Health, for the purpose of demonstrating the possibilities of furnishing a daily bill of fare of pronounced nutritive value at a cost of 40 cents per capita per day or less, has shown some interesting, and it is believed, valuable results.

First, it has been shown that the actual cost of food served was materially less than that set at the beginning of the test, averaging 31 cents per person per diem. Of course, it is understood that this cost does not include light, fuel, service or other overhead charges.

It is of interest, however, to note that the supplies were purchased from retail establishments in the loop district and at prices, which it is assumed, would be about the same as prevail in the resident districts throughout the city. Bread was purchased in ten-cent loaves. Other supplies were bought in the same way that any housewife would do her own table marketing. The daily bills of fare show the extent and variety of food served. The recipes, giving methods of preparing the principal dishes, will be of interest to housewives and the market list, furnished by Miss Kemp, shows the prices paid for food served.

There has been a good deal of speculation as to why this test was conducted. There are several reasons, however, why the test was of interest and value. For weeks the country had been talking about the steadily increasing cost of foodstuffs of all kinds. The Commissioner of Health felt that a test of this

kind would at least help to demonstrate to the public the importance of mixing brains with food, and that a daily bill of fare, selected and prepared by experts, could be served at 40 cents per person per day and not be lacking in high nutritive value.

The Commissioner also was profoundly impressed with the health side of the experiment. Like everyone else he was aware that foodstuffs were going higher in price every day; that the cost of living had become a serious problem with the consuming public. As a result of these conditions, it was apparent that there would be much suffering; that many people would be underfed and that these conditions would contribute materially to increase the disease and sickness rate. It was largely upon this ground that he decided to appoint a committee of practical men and women to advise with the Department of Health and

through it with the people of Chicago on ways and means of obtaining a properly balanced diet at the lowest possible cost.

Also the city as a municipality was interested in the experiment. It is now conducting two hospitals and will shortly open another. The question of an economic dietary for these public institutions is, then, a matter of importance to the City of Chicago and the people. It is believed, now that the experiment is concluded, it will furnish some valuable data on which to base the dietary of the city's institutions in the future, both with a view of reducing the cost and increasing calorie values. Another lesson that may be drawn is that economy does not mean deprivation, but education and training. It shows that there is need for training and education among housewives in the selection and preparation of the food

that they serve on their tables every day. There is no question, **but** there is great waste in American households, because of the lack of this important branch of training and education. The Chicago experiment has served to attract the attention of housewives all over the country to the important problem of food cost and preparation. In other words, it has set people to thinking; and when people start to think earnestly and honestly about a subject that is full of difficult and perplexing problems, they are very likely to reach a solution of them.

The Commissioner of Health is both gratified and surprised at the country wide interest shown in the experiment. During the time it was in progress the Department was flooded with letters, asking for detailed information regarding the experiment, and they are still coming in, asking for final reports of

the Commission, and it is to meet these requests largely that the present report has been prepared and is now submitted.

The Commissioner of Health wishes to acknowledge his obligations to the members of the Commission, who worked so heartily and so effectively to make the experiment a success; to the school of Domestic Arts and Sciences which donated the use of its plant and staff and also to the members of the diet squad, who entered into the spirit of the scheme and faithfully carried out their parts in making it a success.

FIRST DAY'S MENU

Breakfast

Fresh Apples	Liver and Bacon
One-egg Muffins	
Butter	Coffee

Luncheon

Creamed Codfish	Baked Potatoes
Corn Bread	Butter Cocoa

Dinner

Vegetable Soup	Pot Roast
Sauted Parsnips	Cranberry Sauce
Rice and Raisin Pudding	Tea

RECIPES:

One Egg Muffins

3½	cups flour
6	teaspoons baking powder
1	teaspoon salt
1½	cups milk
3	tablespoons melted butter
1	egg
3	tablespoons sugar

Mix and sift dry ingredients; add gradually milk, egg well beaten, and melted butter. Bake in buttered gem pans 25 minutes.

This recipe makes 30 muffins.

(Boston Cooking School Cook Book.)

Creamed Codfish

6 tablespoons butterine

8 tablespoons flour

1 teaspoon salt

Pepper

1 qt. milk

1 lb. codfish

Melt butterine, and when bubbling add flour and seasonings; when thoroughly blended add liquid about one-third at a time, stirring until well mixed; then beat until smooth and glossy. Add flaked codfish and serve.

Soup Stock

- 6 lbs. meat and bone
- 6 qts. water
- $\frac{1}{2}$ teaspoonful peppercorns
- 6 cloves
- $\frac{1}{2}$ bay leaf
- 2 sprigs parsley
- Carrot, Turnip, Onion, Celery, $\frac{1}{2}$
cup each, cut in dice
- 1 tablespoon salt

Wipe beef, and cut the lean meat in 1-inch cubes. Brown one-third of meat in marrow from the marrow bone. Put remaining two-thirds with bone and fat in soup kettle, add water and let stand for 30 minutes. Place over slow fire, add browned meat and heat gradually to boiling point. As scum rises it should be removed. Cover and cook slowly six hours, keeping below boiling point during cooking. Add vegetables and seasonings; cook one and one-half hours, strain and cool as quickly as possible.

Mix and sift the dry ingredients; work in lard with the fingers; add the liquid gradually to make a soft dough; toss on a floured board and roll to $\frac{1}{2}$ inch thickness; cut and bake in a buttered pan in a hot oven for about twelve minutes.

New England Boiled Dinner

- 2 medium cabbages
- 2 medium rutabagas
- 4 potatoes
- 6 carrots
- 6 onions
- 2 lbs. lean salt pork
- 4 cloves
- Allspice

Boil the salt pork with spices until tender; cook rutabagas and carrots in water sufficient to cover for 20 minutes; add the cabbage, onions and potatoes; cook until vegetables are tender. Arrange the vegetables on a serving dish with the sliced salt pork over them.

Currant Cake

- $\frac{1}{4}$ cup butter
- 1 cup sugar
- 2 eggs
- $\frac{1}{2}$ cup milk
- 2 cups flour
- 3 teaspoons baking powder
- 1 cup currants

Cream the butter; add sugar gradually, also eggs well beaten; add milk; add flour mixed and sifted with the baking powder; add currants, slightly floured; bake forty minutes in a moderate oven.

The menu for the day is based on the needs of twelve adults of sedentary occupations.

THIRD DAY'S MENU

Breakfast

Stewed Pears Coffee
Griddle Cakes, Syrup

Luncheon

Beef and Rice Croquettes
Peas and Carrots Bread and Butter
Gingerbread Tea

Dinner

Tomato Soup Halibut Steak
Parsley Potatoes Bread and Butter
Cream Tapioca Pudding Tea

RECIPES:

Griddle Cakes

3 cups flour
1½ tablespoons baking powder
1 teaspoon salt
2 cups milk
1 egg
3 tablespoons butter

Mix and sift the dry ingredients; beat egg; add milk, and pour slowly on first mixture. Beat thoroughly and add melted butter.

Gingerbread

- $\frac{1}{2}$ cup molasses
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup molasses
- 1 egg
- $\frac{1}{2}$ cup sour milk
- $1\frac{3}{4}$ cups flour
- 2 teaspoons ginger
- 1 teaspoon cinnamon
- 1 teaspoon soda

Cream the butterine; add sugar, molasses, sour milk, and the egg well beaten. Mix and sift the dry ingredients and add to the first mixture. Bake in a moderate oven thirty to forty-five minutes.

Cream Tapioca Pudding

- $\frac{1}{2}$ cup pearl tapioca
- 1 quart scalded milk
- 2 eggs
- 1-3 cup sugar
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon vanilla

Soak tapioca in cold water one hour; drain and add to milk; cook in a double boiler until tapioca is transparent. Add the sugar and salt to the eggs when slightly beaten. Add milk and tapioca to this mixture; return to double boiler and cook until it thickens; add slowly to stiffly beaten eggs. Chill and flavor.

FOURTH DAY'S MENU

Breakfast

Stewed Prunes	Rolled Oats
Buttered Toast	Coffee

Luncheon

Lamb Fricassee with Dumplings	
Waldorf Salad	
Bread and Butter	Tea

Dinner

Split Pea Soup	Roast Veal	
Boiled Rice	Bread Pudding	Tea

RECIPES:**Lamb Fricassee**

Three pounds of lamb from the fore-quarter, cut by the butcher in pieces for serving. Wipe meat, put in kettle, cover with boiling water, and cook slowly until tender. Remove from water, cool, sprinkle with salt and pepper, dredge with flour, and saute in butter or mutton fat. Arrange on platter and pour around it one and one-half cups of brown sauce made from liquor in which meat was cooked, after removing all fat. It is better to cook meat the day before serving, as fat may then be easily removed.

The Brown Sauce

- 3 tablespoons fat
- 2 slices onion
- 4 tablespoons flour
- 1½ cups brown stock
- ¾ teaspoon salt
- ⅛ teaspoon pepper

Cook onion in fat until slightly browned, remove onion and stir, adding flour and seasonings. Brown the flour and add warm stock gradually.

Dumplings

- 2 cups of flour
- 4 teaspoons baking powder
- $\frac{3}{4}$ cup milk
- $\frac{1}{2}$ teaspoon salt
- 2 teaspoons butter

Mix and sift dry ingredients, work in butter with tips of fingers. Add milk gradually, using a knife for mixing. Toss on a floured board, pat, and roll out to one-half inch in thickness. Shape with biscuit cutter, first dipped in flour. Place closely together in a buttered steamer, put over kettle of boiling water, cover closely, and steam twelve minutes. A perforated tin pie plate may be used in place of the steamer. A little more milk may be used in the mixture, when it may be taken by spoonsful,

dropped, and cooked on top of the stew. In this case some of the liquid must be removed so that dumplings may rest on meat and potatoes and not settle into liquid.

Split Pea Soup

- 2½ quarts cold water
- 1 pint milk
- 1 cup dried split peas
- ½ onion
- 2 inch cube fat salt pork
- 3 tablespoons fat
- 2 tablespoons flour
- 1½ teaspoons salt
- ⅛ teaspoon pepper

Pick over peas and soak several hours, drain, add cold water, pork and onion. Simmer three or four hours, or until soft, and rub through a sieve. Add to fat and flour, which has been cooked together. Also salt and pepper. Dilute with milk. The water in which a ham has been cooked may be used, in which case omit salt.

FIFTH DAY S MENU**Breakfast**

Oranges	Shredded Wheat
Toast	Coffee

Dinner

Julienne Soup	Roast Pork
Glazed Sweet Potatoes	
Pumpkin Pie	Tea

Supper

Cold Sliced Meat	
Country Fried Potatoes	
Bread and Butter	Apple Sauce Tea

RECIPES:**Julienne Soup**

To one quart of clear brown soup stock add one-fourth cup each of carrots and turnips cut in thin strips one and one-half inches long and previously cooked in boiling salt water. And to this add two tablespoons each of cooked peas and string beans.

Glazed Sweet Potatoes

6 sweet potatoes

4 tablespoons water

$\frac{3}{4}$ cup sugar

1 tablespoon butterine

Wash and pare six medium sized sweet potatoes. Cook them ten minutes in boiling water; cut in halves lengthwise and place in buttered pan. Make syrup by boiling the half cup of sugar and four tablespoons of water for three minutes; add the tablespoon of butter. Brush the potatoes with syrup and bake fifteen minutes, basting twice with remaining syrup.

Pumpkin Pie

$1\frac{1}{2}$ cups steamed and strained pumpkin

Two-thirds cup sugar

1 teaspoon cinnamon

$\frac{1}{2}$ teaspoon ginger

$\frac{1}{2}$ teaspoon salt

2 eggs

2 cups milk

Mix ingredients in order given and bake in one crust.

SIXTH DAY'S MENU

Breakfast

Stewed Apricots	Cornmeal Mush
Buttered Toast	Coffee

Luncheon

Macaroni au Gratin	
Harvard Beets	Bread and Butter
Cottage Pudding, Chocolate Sauce	
Tea	

Dinner

Celery Soup	Canneton of Beef
Turkish Pilaf	Bread and Butter
Apple Cobbler, Vanilla Sauce	
Tea	

RECIPES:**Harvard Beets**

Wash twelve small beets; cook them in boiling water until soft; remove skins and cut beets into thin slices, small cubes or fancy shapes. Mix one-half cup sugar and one-half tablespoon corn-starch; add one-half cup of vinegar and let boil five minutes. Pour this liquor over beets and let them stand on back of range one-half hour. Just before serving add one tablespoon of butter.

Cannelon of Beef

- 4 pounds of lean beef, cut from the round
- 2 tablespoons of finely chopped parsley
- 1 egg
- 1 teaspoon onion juice
- 2 tablespoons of melted butterine
- $\frac{1}{2}$ teaspoon pepper
- a few gratings of nutmeg

Chop meat fine and add remaining ingredients in order given. Shape in a roll and place on rack in dripping pan, and arrange slices of fat pork over top; bake thirty minutes. Baste every five minutes with one-fourth cup of butterine, which has been melted in one cup of boiling water.

Turkish Pilaf

Wash and drain one cup of rice; cook it in two tablespoons of butterine until brown; add one and one-half cups of boiling water, and steam until water is absorbed. Then add two cups of hot stewed tomatoes and cook until rice is soft. Season with salt and pepper.

This day's menu is designed for twelve people, and for smaller groups the portions should be reduced.

SEVENTH DAY'S MENU**Breakfast**

Bananas

Hot Biscuits

Oatmeal

Coffee

Luncheon

Chipped Beef on Toast

Cabbage Salad Cornbread Tea

Dinner

Cream of Lima Bean Soup

Mock Tenderloin of Beef

Spaghetti

Norwegian Pudding with Custard

Sauce

Tea

RECIPES:**Mock Tenderloin**

Pound both sides of meat, either round or flank steak. Cut in strips, season with salt and pepper, and dredge with flour. Put bacon drippings in a hot skillet and brown meat on both sides. Pour over hot water to more than cover. Cover pan and simmer until tender (about two and one-half hours.)

Norwegian Pudding

- $\frac{1}{2}$ pound prunes
- 2 cups cold water
- 1 cup sugar
- 1 inch piece stick cinnamon
- 1 1-3 cups boiling water
- 1-3 cup cornstarch
- 1 tablespoon lemon juice

Pick over and wash prunes, then soak one hour in cold water and boil until

soft; remove stones, obtain meat from stones and add to prunes, then add sugar, cinnamon, boiling water, and simmer ten minutes. Dilute cornstarch with enough cold water to pour easily, add to prune mixture and cook five minutes. Remove cinnamon, mold, then chill and serve with cream.

Custard Sauce

2 cups milk

2 eggs

$\frac{1}{4}$ cup sugar

$\frac{1}{8}$ teaspoon salt

Beat eggs slightly, add sugar and salt. Stir constantly while adding gradually hot milk. Cook in double boiler. Continue stirring until mixture thickens and a coating is formed on the spoon. Strain immediately, chill, and flavor.

EIGHTH DAY'S MENU**Breakfast**

Baked Apples
French Toast, Syrup
Coffee or Postum

Luncheon

Clam Chowder
Cornbread, Butter
Hunter's Pudding
Lemon Sauce Tea

Dinner

Spaghetti Soup Meat Pie
Succotash Bread, Butter
Prune Jelly Tea

RECIPES:**Hunter's Pudding**

1 cup finely chopped suet
1 cup molasses
1 cup milk
3 cups flour

- 1 teaspoon soda
- 1½ teaspoons salt
- ½ teaspoon cloves
- ½ teaspoon mace
- ½ teaspoon allspice
- 1 teaspoon cinnamon
- 1½ cups raisins
- 2 tablespoons flour

Mix and sift dry ingredients. Add molasses and milk to suet. Combine mixtures and add raisins, which have been floured. Turn into a greased mold, cover and steam three hours.

Spaghetti Soup

- 2 quarts brown soup stock
- 1 cup spaghetti, broken fine
- Onion, salt, pepper
- 2 cups tomatoes, stewed and strained

Cook spaghetti in stock until tender. Add tomatoes and seasoning.

Meat Pie

- 2½ lbs. lean beef, cooked
- 3 cups diced potatoes
- 1 cup diced carrots
- ½ onion (small)
- 5 tablespoons flour
- 1 tablespoon chopped parsley
- 5 tablespoons beef drippings
- 4 cups stock
- Salt, pepper

Cut cooked beef into ½-inch dice. Cook vegetables. Make sauce by browning onion in fat. Add flour and hot stock and cook well. Mix meat, vegetables, sauce, and parsley. Put mixture into pudding dish and cover with crust rolled ¼ inch thick. Bake 15 to 20 minutes.

Pastry for Cover

- 2 cups flour
- 4 level teaspoons baking powder
- level tablespoon lard
- ¾ teaspoon salt
- About ¾ cup milk

NINTH DAY'S MENU**Breakfast**

Oranges Waffles, Syrup Coffee

Dinner

Cream of Pea Soup

Roast Chicken with Dressing and

Giblet Gravy

Mashed Potatoes Celery Turnips

Cranberry Sauce

Apple Pie Demitasse

Supper

Brown Fricassee of Oysters

Bread, Butter

Assorted Fresh Fruits

Drop Cakes Cocoa

RECIPES:**Brown Fricassee of Oysters**

- 1 quart oysters
- 2 tablespoons butter
- 4 tablespoons butterine
- $\frac{1}{2}$ cup flour
- 1 pint oyster liquor
- 1 cup milk
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- A few grains cayenne

Parboil oysters; drain; reserve liquor; beat, strain and set aside for sauce.

Brown butter and butterine, add flour, and stir until well browned. Add oyster liquor, milk, seasoning and oysters. Serve on toast.

Waffles

- 2 cups flour
- 2 teaspoons baking powder
- 2 tablespoons butter
- $\frac{1}{2}$ teaspoon salt
- 2 eggs
- $1\frac{1}{2}$ cups milk

Mix dry ingredients and sift together several times. Work in butter with tips of fingers; separate the yolks and whites of the eggs, and add the milk to the yolk of eggs. Add this mixture to dry ingredients gradually and fold in stiffly beaten whites of eggs. If batter is too stiff, more milk may be added.

Cranberry Sauce

Pick over and wash one quart cranberries. Put into a saucepan with about one cup of water. Cook slowly, and when cranberries are tender add one cup sugar and stir until sugar is dissolved.

TENTH DAY'S MENU**Breakfast**

Stewed Figs

Toast, Butter

Rolled Oats

Coffee

Luncheon

Boston Baked Beans

Boston Raisin Bread

Celery and Date Salad

Tea

Dinner

Tomato Soup

Potatoes

Baked Lake Trout

Bread, Butter

Washington Cream Pie

Tea

RECIPES:**Tomato Soup**

1 can tomatoes

1 pint water

12 peppercorns

Bit of bay leaf

4 cloves

1 slice onion

2 teaspoons sugar

1½ teaspoons salt

- $\frac{1}{2}$ teaspoon soda
- 2 tablespoons butterine
- 3 tablespoons flour
- $\frac{1}{8}$ teaspoon pepper

Cook the first seven ingredients thirty minutes, strain, and add soda and salt. Melt butterine, add flour and seasonings, then the strained tomato. Cook ten minutes and serve hot.

Washington Cream Pie

- 1-3 cup butterine
- 1 cup sugar
- 2 eggs
- $\frac{1}{2}$ cup milk
- $1\frac{3}{4}$ cups flour
- $2\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{2}$ teaspoon vanilla

Cream butterine, add sugar, well beaten yolks, milk and dry ingredients which have been sifted together. Add flavoring and stiffly beaten whites. Bake in two layers. Put cream filling between layers and sprinkle top with powdered sugar.

Cream Filling

- $\frac{3}{4}$ cup sugar
- $\frac{1}{4}$ cup flour
- $\frac{1}{8}$ teaspoon salt
- 1 egg
- $1\frac{1}{2}$ cups scalded milk
- 1 teaspoon vanilla

Mix dry ingredients, add egg slightly beaten, pour on gradually scalded milk. Cook 15 minutes in double boiler; stir constantly until thick. Cool and flavor.

Brown Rasin Bread

- 4 cups rye meal
- 2 cups cornmeal
- 1 tablespoon soda
- 1 teaspoon salt
- 1 cup molasses
- 4 cups sour milk
- 1 cup raisins

Mix dry ingredients; add molasses and milk. Beat well, add floured raisins. Put into greased mold, cover. Cook over steam six hours. Remove from tin; dry in oven few minutes.

ELEVENTH DAY'S MENU

Breakfast

Stewed Pears	Hominy
Toast, Butter	Coffee

Luncheon

Codfish Balls	Philadelphia Relish
Apple Dumplings, Vanilla Sauce	
Bread, Butter	Tea

Dinner

Vegetable Soup	Braised Beef
Buttered Rice	Stewed Onions
Chocolate Junket	
Sugar Cookies	Tea

RECIPES:**Philadelphia Relish**

- 2 cups cabbage, shredded or chopped
- 2 green peppers, finely chopped
- 1 teaspoon celery seed
- $\frac{1}{4}$ teaspoon mustard seed
- $\frac{1}{2}$ teaspoon salt
- 2 tablespoons brown sugar
- $\frac{1}{4}$ cup vinegar

Mix ingredients in order given.

Codfish Balls

- 1 pound codfish
- 1 ounce butterine
- $3\frac{1}{2}$ pounds potatoes, pared
- 3 eggs
- Few grains cayenne

Soak fish several hours. Cook in fresh water until it flakes easily. Drain and put through food chopper. Add to potatoes which have been cooked and mashed. Add butterine, seasoning and eggs slightly beaten. Cool and shape into balls and fry in deep fat.

Braised Beef

- 4 pounds beef (lower part of round)
- 2 thin slices fat salt pork
- $\frac{1}{2}$ teaspoon peppercorns
- $\frac{1}{2}$ cup carrots
- $\frac{1}{2}$ cup turnips
- $\frac{1}{2}$ cup onions
- Salt and pepper

Fry out pork and remove scraps. Wipe meat, sprinkle with salt and pepper, dredge with flour and brown entire surface in pork fat. Place on rack in covered roast pan. Surround with vegetables, peppercorns, and three cups boiling water. Cover closely and bake four hours in a very slow oven, basting every half hour and turning every second hour. Throughout the cooking the liquid should be kept below the boiling point.

TWELFTH DAY'S MENU**Breakfast**

Grapefruit

Griddle Cake, Syrup

Coffee

Dinner

Consomme with Rice

Leg of Lamb

Candied Sweet Potatoes

Creamed Cauliflower

Mock Plum Pudding, Hard Sauce Tea

Supper

Lyonnaise Potatoes

Cold Meat

Sugar Cookies

Cocoa

RECIPES:**Mock Plum Pudding**

- 1 cup grated raw carrots
- 1 cup grated raw potatoes
- $\frac{1}{2}$ cup melted butter
- 1 cup sugar
- 1 cup flour
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- 1 teaspoon salt
- 1 teaspoon soda
- 2 cups raisins

Mix carrots, potatoes, melted butter and sugar and then add flour, mixed and sifted with the other dry ingredients. Add the raisins that have been dredged with a little of the flour. Steam $2\frac{1}{2}$ hours or less, if small molds are used.

Lyonnaise Potatoes

Cook five minutes 3 tablespoons of butter with one small onion cut in thin slices; add 3 cold boiled potatoes in $\frac{1}{4}$

inch slices and sprinkled with salt and pepper; stir until well mixed with onion and butter; let stand until potato is brown underneath, fold and turn on a hot platter. This dish is much improved and potatoes brown better by addition of two tablespoons brown stock. Sprinkle with finely chopped parsley, if desired.

Sugar Cookies

- $\frac{3}{4}$ cup sugar
- 1 egg
- 2 tablespoons water
- $\frac{1}{2}$ cup butterine
- 2 cups flour
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon soda
- $\frac{1}{2}$ teaspoon vanilla

Cream butter, add sugar, eggs and water which have been beaten together, Mix and sift dry ingredients and add to first mixture. Flavor, roll thin, sprinkle with granulated sugar. Cut and bake in a moderate oven.

THIRTEENTH DAY'S MENU**Breakfast**

Apples Cornmeal Mush Toast

Luncheon

Split Pea Soup Beef Stew

Bread, Butterine

Lemon Tarts Tea

Dinner

Potato Soup Veal Loaf

Hominy Pickled Beets

Bread and Butterine

Fruit Jelly Tea

RECIPES:**Potato Soup**

3 medium sized potatoes

1 quart milk

2 slices onion

2 tablespoons butterine

2 tablespoons flour

1½ teaspoons salt

¼ teaspoon celery salt

⅛ teaspoon pepper

Few grains of cayenne

1 teaspoon chopped parsley

Cook potatoes and when soft mash or force through potato ricer. Scald milk with onion, remove onion and add milk slowly to potatoes. Melt butterine, add dry ingredients, stir until well mixed; then add potato and milk mixture. Cook one minute, add parsley and serve very hot.

Lemon Tarts

- 6 tablespoons flour
- Two-thirds cup sugar
- 3 cups boiling water
- 6 tablespoons lemon juice
- 1 tablespoon grated lemon rind
- 2 teaspoons butter
- 1 egg yolk

Mix sugar and flour together. Add boiling water slowly and cook twenty minutes in double boiler, stirring frequently. Separate egg and beat yolk very light. Add first mixture to yolk,

add butter, return to double boiler and cook a few minutes, stirring constantly. Add lemon juice and rind and when cool, place in baked tart shells.

Meringue

- 1 egg white
- 2 tablespoons powdered sugar

Beat white very stiff, add sugar gradually, and continue beating for several minutes. Place a portion on each tart. Bake in moderate oven until a delicate brown.

Pastry

- 1 cup pastry flour
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup lard or other fat
- Ice water

Sift flour and salt together, cut in fat with a knife, and add sufficient water to hold dry materials together.

FOURTEENTH DAY'S MENU**Breakfast**

Oranges Rolled Oats with Dates
 French Toast, Bacon
Bread and Butter Coffee

Luncheon

Oyster Puree Hearts of Celery
 Cottage Cheese Salad
 Hot Rolls, Butter
Dutch Apple Cake Tea

Dinner

 Turkish Soup
Roast Loin of Pork, Cranberry Sauce
 Sweet Potatoes—Georgian Style
Scalloped Onions Bread, Butter
Old Fashioned Rice Pudding Tea

RECIPES:**Scalloped Onions**

Peel small onions and cook in boiling salted water until tender. Drain, put into a buttered baking dish, and pour over them a thin white sauce. Cover with buttered crumbs and bake until crumbs are a delicate brown.

Thin White Sauce

- 3 tablespoons butterine
- 3 tablespoons flour
- $\frac{1}{2}$ teaspoon salt
- 2 cups milk
- Few grains pepper

Sweet Potatoes—Georgian Style

Season boiled and mashed sweet potatoes with butter, salt and pepper. Moisten with hot milk or cream and beat five minutes. Put in a buttered baking dish, leaving a rough surface, and pour a syrup made by boiling four tablespoons molasses and two teaspoons butter together. Bake until delicately browned.

Oyster Puree

- 1 quart oysters
- $1\frac{1}{2}$ cups oyster liquor
- 2 tablespoons butter
- 2 tablespoons flour
- $\frac{1}{4}$ teaspoon Worcestershire Sauce
- Pepper and salt, if needed

Wash oysters and cook until the edges curl and chop them very fine. Make a white sauce, add the oysters and juice to it, and when hot strain and serve. The white sauce is prepared by melting the butter, adding flour and then hot milk gradually.

FOOD SUPPLIES

Following are the detailed figures showing the cost of the various articles of food and drink, supplied daily to the twelve members of the Department of Health's Diet Squad. As has been stated elsewhere, these supplies were purchased in the open market at regular and prevailing retail prices. This means that the food consumed by the members of the squad during the experiment cost no less than would the same articles purchased in the same way by any Chicago housewife in any part of the city.

**FOODSTUFFS PURCHASED FOR THE
DIET SQUAD EXPERIMENT,
Nov. 22 to Nov. 28, Inclusive**

Fruits

2 doz. Jonathan Apples..@	.17	.34
1 pk. Cooking Apples..@	.33	.33
1 lb. Evaporated Pears..@	.18	.18
1 lb. Seedless Raisins..@	.16	.16
2 lbs. Prunes.....@	.09	.18
1 lb. Evap. Apricots...@	.23	.23
1 pkg. Currants, 15 oz..@	.22	.22
1/2 doz. Oranges@	.50	.25
1/4 doz. Lemons@	.40	.10
1 doz. Bananas@	.14	.14

Vegetables

4 lbs. Beets.....@	.05	.20
6 lbs. Carrots.....		.20
14 lbs. Cabbage.....@	.04	.56
6 bchs. Celery.....@	3 for 10	.20
1 qt. Cranberries.....@	.09	.09
2 lbs. Lima Beans.....@	.12	.24
10 lbs. Sweet Potatoes..@	.31	.31
1 pk. Idaho Potatoes...@	.59	.59
1 pk. Mich. Potatoes...@	.54	.54
3 2-3 lbs. Turnips.....@	.03	.11

3 lbs. Onions, red.....@	.05	.15
3½ lbs. Parsnips.....@	.05	.17
1 bch. Parsley.....@	.04	.04
3 cans Tomatoes.....@	.12	.36
1 lb. Split Peas.....@	.12	.12
3 hds. Lettuce.....		.10
1 can Peas.....@	.12	.12

Staples

10 lbs. Japan Rice.....@	.08	.80
10 lbs. Yellow Cornmeal@	.04	.40
5 lbs. Gran. Hominy...@	.06	.30
7 lbs. Rolled Oats.....@	.05½	.39
2 lbs. Macaroni@	.12	.24
2 lbs. Spaghetti@	.12	.24
1 pkg. Shred. Wheat...@	.12	.12
1 lb. Tapioca.....@	.12	.12
⅛ bbl. Flour.....@	1.33	1.33
20 lbs. Granulated Sugar@	.07¾	1.55
2 cans Karo Syrup....@	.10	.20
1 can Molasses, 1 qt...@	.15	.15
3 lbs. Coffee.....@	.27	.81
1 lb. Tea.....@	.45	.45
1½ lbs. Cocoa.....		.40
1 lb. Postum.....@	.22	.22

Dairy

1 doz. Eggs.....@	.46	.46
1 doz. Eggs.....@	.40	.40
½ lb. Cheese.....@	.30	.18
1 lb. Butter.....@	.46	.46
1 lb. Butter.....@	.45	.45
6 lbs. Butter.....@	.44	2.64
35 qts. Milk.....@	.09	3.15

Fish

2 lbs. Codfish.....@	.15	.30
4 lbs. Halibut.....@	.19	.77

Bread

24 loaves	@ .10	2.40
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Meats

2 lbs. Bacon	@ .24	.48
1 lb. Chipped Beef....@	.50	.50
5 lbs. L a m b Shoulder		
Stew75
5¾ lbs. Pork Loin.....@	.19	1.09
2 lbs. Beef Liver.....@	.12½	.25
8 lbs. Leg of Veal....@	.18	1.67
1 lb. Soup Bone.....		.10

3 lbs. Soup Meat.....@ .15	.44
3 lbs. Hamburger@ .12½	.38
2 lbs. Salt Pork.....@ .20	.42
9 lbs. Pot Roast.....@ .20	1.82
3 lbs. Snowdrift Lard.	.67
1 lb. Butterine Kersy...	.24
4 lbs. Beef Tenderloin.	.77
4 lbs. Hamburger@ .12½	.50
<hr/>	
Total expense for week.....	\$34.85
On hand	6.57
<hr/>	
	\$28.28
Total expense per day.....	4.04
Per capita per day.....	.33 2-3

**FOODSTUFFS PURCHASED FOR THE
DIET SQUAD EXPERIMENT,
Nov. 29 to Dec. 5, 1916**

Supplies on hand Nov. 29.....\$ 6.57

Fruits

Apples, Cooking, 1 pk.....	.33
Apples, Jonathan, 1 doz.....	.17
Bananas, 1½ doz.....	.21
Dates, 1 box.....	.15

Evaporated Pears, 1 lb.....	.18
Grapes, California, 1 lb.....	.10
Grapefruit, $\frac{1}{2}$ doz.....	.32
Lemons, 3-12 doz.....	.10
Oranges, 1 2-12 doz.....	.60
Prunes, 1 lb.....	.09
Raisins (15 oz.), 1 pkg.....	.15

Vegetables

Beets, 2 lbs.....	.10
Beans, Lima, 1 lb.....	.12
Beans, Baked, 3 cans.....	.54
Cabbage, 2 $\frac{1}{2}$ lbs.....	.10
Cauliflower, 2 hds.....	.12
Celery, 1 bch.....	.15
Corn, 1 can.....	.16
Cranberries, 1 qt.....	.09
Green Peppers, 2-12 doz.....	.05
Lettuce, 4 hds.....	.10
Onions, 3 lbs.....	.15
Peas, Yellow Split, 1 lb.....	.12
Potatoes, Michigan, $\frac{1}{2}$ pk.....	.27
Potatoes, Sweet, 10 lbs.....	.31

Tomatoes, 2 cans.....	.30
Turnips, Yellow, 3 lbs.....	.09
Parsley, 1 bch.....	.04

Staples

Coffee, 1 lb.....	.27
Gelatin, 1 oz.....	.10
Karo Syrup, 1 can.....	.10
Sugar, Granulated, 10 lbs.....	.79
Sugar, XXXX, 2 lbs.....	.19
Uneda Biscuit, 1 box.....	.05

Fish

Clams, 2 cans.....	.44
Codfish (6 oz.), 2 pkgs.....	.20
Lake Trout, 6 lbs.....	1.12
Oysters, 1 qt.....	.50
Oysters, 1 qt.....	.40

Meats

Beef Shoulder, Stew, 4 lbs.....	.60
Chicken, 11 lbs.....	2.00
Pot Roast (bottom round), 7 lbs..	1.26
Suet, ½ lb.....	.08

Leg of Lamb, 8 lbs.....	1.44
Butterine, 1 lb.....	.26
Lard, 3 lbs.....	.67
Pork Loin, 8¼ lbs.....	1.44
Chopped Veal, 5 lbs.....	1.10
Bacon, 2 lbs.....	.44

Dairy

Eggs, 2 doz.....	.92
Butter, 6 lbs.....	2.64
Milk, 30 qts.....	2.70
Cottage Cheese, 2 lbs.....	.20

Bread

Bread, 17 loaves.....	1.70
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\$25.83

Supplies on hand.....	2.00
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Total expense for week.....\$23.83

Total expense per day.....\$3.40 plus

Per capita per day......28½

Supplies on Hand

Rice, 1½ lbs.....	.12
Oatmeal, 2½ lbs.....	.14
Hominy, 2¾ lbs.....	.16
Tapioca, 1 lb.....	.12
Coffee, ½ lb.....	.14
Postum, ½ pkg.....	.05
Molasses, 1 pt.....	.08
Tea, ¾ lb.....	.33
Sugar, Granulated, 3 lbs.....	.23
Sugar, XXXX, 1 lb.....	.09
Sweet Potatoes, 3 lbs.....	.10
Lard, 2 lbs.....	.44

\$2.00

Group of 12 Adults

Total meals (2 weeks).....	42
Total cost	\$52.11
Average per meal for the group.	1.24
Average cost per capita per diem	.31

MRS. EVANS' LETTER

The following letter from Mrs. Lynden Evans, President of the School of Domestic Arts and Science, is of interest. She says:

"Dear Dr. Robertson: The School of Domestic Arts and Science entered into this experiment because we believed that the time had come when the homemakers must look to their food costs carefully. This organization has contributed service and space and direction in collaboration with Miss Johnson. The menus have been carefully planned, marketing done at retail, food quantities closely calculated. You have asked for a summary of this experiment. It is as follows:

"First: Snapshot menus are always expensive. Menus should be carefully planned for several days, bearing in mind:

"1: What will satisfy the group in variety and flavor.

"2. What will keep the group in health.

"3. Quantity and cost in buying.

"4. Wise marketing.

"5. Do your menu making without discussion. If it is right, your family will be satisfied.

"Second: The use of less expensive foods is entirely satisfactory when they are properly prepared and served.

"The cost of living is affected in a large degree by the skill or carelessness of homemakers. Getting good use of your money is of equal importance with getting the money. Careless buying boosts prices. Today every woman could become skillful. This knowledge is within the reach of all. The School of Domestic Arts and Science stands for this slogan. The woman who undertakes the management of a home without knowing how, is on a par with the man who marries without being able to support a home.

"We have found this experiment interesting and are glad to have co-operated." * * *

Miss Lillian A. Kemp, Director of the School of Domestic Arts and Science, and Miss Anna C. Johnson, Dietician of the Municipal Tuberculosis Sanitarium, who prepared the daily menus, contribute the following excellent suggestions:

"Watch market quotations and food advertisements daily.

"Menu making requires time and careful thought, especially with regard to adequate amounts.

"Over-estimating means additional expense.

"Watch table refuse; it will guide you both in planning and buying.

"Go to market and make your own selections, thereby getting better values.

"Buy staples in bulk as far as possible, avoiding canned and package goods.

“Purchase fruits and vegetables in season.

“Make special effort to limit use of butter and eggs, when high prices prevail.

“Make use of business methods in your housekeeping.”

* * *

OBSERVATIONS BY PROF. OLIVER P. KINSEY

From a letter received at the conclusion of the experiment from Oliver P. Kinsey, Vice-President of the Valparaiso University, the following extracts are taken:

“Dear Dr. Robertson: I have watched the experiment of the diet squad with very great interest. The results are certainly very gratifying and the women in immediate charge of the experiment are to be congratulated and deserve high praise for their great care and excellent success. To my mind, however, the question of feeding people upon 35 cents

or 40 cents a day was not the most important one, so long as the price was kept approximately in that neighborhood. I think the great lesson to be learned from the demonstration is the very great lesson of efficiency and high skill as the result of careful, scientific training.

“We are saying the word efficiency so much that possibly to some it may seem a very poor type; but after all it is the everlasting word of all the ages, and in only very recent times has it commenced to receive that prominence it should have and which it must have more and more. * * * The great problem of humanity is the dignifying of all activity with thorough training and then no one will be ashamed of work, but all will fully enjoy any kind of needed activity. * * *

“Let me repeat that I think the most important lesson coming from this experiment is the old, old one, that skill

always wins. The moral lesson to the City of Chicago and to the whole nation is that we must emphasize more and more the training of domestic science in all our schools, both public and private.

* * *

“May there not come a time in the history of the country, when the young man’s knowledge of his ability to make a living and the young woman’s ability to make a home, especially in the matter of food, should be tested by some examination or method through which this ability may be demonstrated. I am sure there would be very much less suffering in the world, many, many fewer divorces, and much more happiness.”

* * *

In the many columns of editorial comment by the newspapers of the country on the Chicago Diet Squad Experiment, it has been a matter of surprise to note how many editors apparently missed or lost sight of the main object in conduct-

ing the experiment. Certainly it was not to prove a fact already well known, that thousands of families in the country were maintaining their tables at a much less cost than 40 cents per diem per person. This well known fact was seized upon by many editors for both facetious and critical comment on the experiment.

As has already been stated and emphasized by those who had the experiment in charge, the matter of prime importance was to direct the attention of Chicago housewives to the necessity of a carefully selected and a properly prepared dietary. Also to call their attention to the fact that many nutritious and tasty dishes could be prepared out of the less expensive materials; that a great variety in this way could also be obtained; that the household purse could be protected and the physical health of the family conserved. This it seems has been abundantly demonstrated by the

experiment. In other words, as stated by the Commissioner in the Department Bulletin of December 2nd, the experiment has shown that economy does not mean deprivation in the matter of a plentiful supply of palatable and nutritious food; but it does mean that education and training in the purchase and preparation of our meals constitute the most important factor along the lines of both economy and nutritive value.

* * *

It is becoming more and more apparent that Health Departments should deal with the prevention of disease. No one with a proper concept of a modern, progressive and well equipped Health Department will now say, that its entire time should be taken up in fighting disease. It should be a Health Department and not a Disease Department.



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DATE DUE

	JUN 19 2002	
JAN 28 1980		
JAN 28 REC'D	JUN 17 2002	
	MAR 03 2008	
OCT 8 1983	MAR 23 2009	
SEP 30 REC'D	APR 20 2009	
JAN 25 1983	MAY 28 2009	
FEB 01 REC'D		
OCT 21 1983		
OCT 25 1983		
JAN 25 1985		
FEB 7 1985		
FEB 7 1987		
FEB 03 1987		
AUG 06 1998		
AUG 11 1998		
6661 20 130		
OCT 08 1999		
MAR 10 2000		
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